



"The drain calls to me because of all of the hurtful things people have said to me over the decades about my mental illness. In sum, I have been told that I am a drain on the nation, a drain on society and a drain on multiple individuals' resources. Over the years, I have come to believe this, which has been a drain on me. Education about mental illness (and the effects of trauma) should be able to reach out to the general public, as well as healthcare professionals. Knowledge and understanding can be powerful weapons in combating stigma."